HUNDREDS FEARED DEAD IN MUDSLIDE, PG5

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VANCOUVER • TUESDAY, AUGUST 11, 2009 metronews.ca

Celebrity Buzz

Report says MJ laid to rest

pg 20

Firefighters could use rain in blaze battles

WILDFIRES The cooler, humid weather in the Interior is helping firefighters get a handle on some of the massive wildfires there, but they haven't yet been blessed with much-needed rain.

Fire information officers in Lillooet and Kelowna — where fires are roaring on Mount McLean and Terrace Mountain respectively — said about half of those blazes have been contained.

Fire ban

- A campfire ban remains in effect across the province.

The Terrace Mountain fire covers more than 9,000 hectares and the Mount McLean blaze remains at around 3,800 hectares.

"We haven't seen any rain yet but we do have overcast conditions, cooler temperatures and the humidity has risen, and … as humidity goes up, fire behaviour goes down," said fire information officer Mitch Miller.

Tim Neal, a fire information officer in Kelowna, said the fuel around Mount McLean is still dry.

"The fire has dug down deep into the roots of the trees in the ground," he said.

Mitchell added that crews have seen a "tremendous amount of support" from residents, who have been posting thank-you signs along roads and giving out baked goods.

KRISTEN THOMPSON/ METRO VANCOUVER

Beauty pg 18

Ex-victim fights sex slavery

Please recycle

JEFF HODSON/METRO VANCOUVER

The Burrard Otter SeaBus leaves Waterfront Station in Vancouver yesterday.

High costs may sink plan for 3 SeaBuses

New vessel to be used as replacement for other two: TransLink

KRISTEN THOMPSON
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TransLink's plan to have three SeaBuses crossing the Burrard Inlet by 2011 might be dead in the water because the company has found it's too pricey to refit the vessels currently in operation, according to TransLink's official blog.

The newest vessel, the MV Burrard Pacific Breeze — known as "the third SeaBus" — is expected to be in service by December. It was built to help meet the needs of the growing region and the province's plan to double transit ridership.

Originally, the Breeze was meant to expand the fleet, reducing wait times to 10 minutes from 15. Now, it's going to be used as a replacement for either the Otter or the Beaver.

According to a post by Jhenifer Pabillano, who runs TransLink's blog, the company has found that "the extended lifespan of the vessels did not justify the cost of the overhaul."

"The cost (and risk) of the refits … were far too expensive to justify when compared to the cost of new-builds," Pabillano wrote in The Buzzer, adding that original estimates missed the mark.

"Our expert's cost estimates for refitting the two existing vessels were far too low," Pabillano said. "As a result, we have … cancelled the refit program and turned it into a new-build program."

Ken Hardie, spokesperson for TransLink, said the only thing standing in the way of the plan to have three SeaBuses is money.

"One way or other, we'll end up with a fleet of new SeaBuses. It's just a matter of whether we'll have two or three."
Ken Hardie, TransLink spokesperson

"When we commissioned the third SeaBus to be built, we were going forward on the understanding that we would have three (vessels in service), and that's still how we want to go forward," Hardie said.

But the decision is up to the Mayors' Council and the province, which in October will decide on one of the three 10-year transit-funding plans made public July 30.

The base plan and the first supplement plan allows for two SeaBuses, which would replace the existing two and operate every 15 minutes.

The second supplement plan, which requires $450 million in new funding, calls for two more vessels to be built in addition to the Breeze and operate at 10-minute intervals.

"Like with many of these plans, things tend to change a little bit over time," Hardie said.

"One way or other, we'll end up with a fleet of new SeaBuses. It's just a matter of whether we'll have two or three."

Breeze

- The MV Burrard Pacific Breeze was built in Victoria and will carry up to 400 passengers.
- All three SeaBuses will run during the 2010 Olympic Games.

ShareYourViews
vancouverletters@metronews.ca

Women ski jumpers go to B.C. Court of Appeal

VANCOUVER 2010 Games

OLYMPICS A group of 14 women ski jumpers who are fighting to be included in the 2010 Vancouver Olympics are taking their battle to B.C.'s highest court.

Ski jumping is the only sport in the Winter Olympics not open to men and women.

In July, B.C. Supreme Court Justice Lauri Ann Fenlon found the women were discriminated against, but held that the International Olympic Committee was not subject to the Charter of Rights and Freedoms.

In a statement yesterday, lawyer Ross Clark said he wants the B.C. Court of Appeal to "revisit" the judgment.

"(Fenlon) found that VANOC is carrying out a government activity, but then she stopped short of the next logical step … to grant us the remedy we were seeking," Clark said.

The appeal will be held in Vancouver on Nov. 12 and 13 — less than three months ahead of the Olympic opening ceremonies.

The IOC has defended its decision to exclude women jumpers based on technical criteria, such as there being too few athletes. Proponents have argued that the sport has more athletes than others had, like snowboard and ski cross, which are now Olympic sports.

In the release, Deedee Corradini, Women's Ski-Jumping USA president, said she was pleased the appellant court would hear the case.

"In her reasons, Judge Fenlon found the women ski jumpers have been discriminated against simply because of their gender … It was disappointing that she stopped short of ordering VANOC to uphold the charter, but we're hopeful the appeal court will come to the right conclusion."

METRO VANCOUVER

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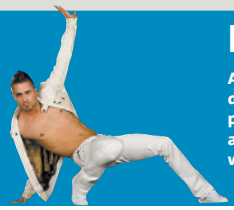
Bumper stickers to benefit fire victims
The West Vancouver Police department will sell charity bumper stickers to benefit victims of the province's wildfires. Telus produced the stickers and officers will sell them at places such as malls and ferry terminals. METRO VANCOUVER

Local



Downtown dance party

An interactive So You Think You Can Dance Canada truck will be parked downtown for a dance party this morning to advertise the show's season premiere tonight. The truck will be at Robson and Burrard streets from 11 a.m. to 3 p.m., where dancers will be handing out beach balls. Last season's winner was Nico Archambault, left. METRO VANCOUVER

20,000 have signed anti-HST petition, says NDP leader

TAX B.C. NDP Leader Carole James said a petition against implementing the Harmonized Sales Tax next July has reached 20,000 signatures.

"They brought it in during the middle of summer thinking that people wouldn't notice but they have," said James.

"People have noticed and they are angry."

A recent Angus Reid poll shows dwindling support for the B.C. Liberal party.

The poll suggests that if an election was held today, the B.C. Liberal party would only receive 34 per cent of the vote compared to the 46 per cent they received in the May 2009 provincial election.

DANIEL TAM/ FOR METRO VANCOUVER

metronews.ca
WHAT'S ONLINE TODAY

Blogs Noel Butler of Oranges at Halftime — Canada's longest running soccer show — joins It's Called Football to discuss MLS expansion to Montreal

Video Barack Obama criticizes those who think Canada makes 'a good boogeyman' in U.S. health care debate at **metronews.ca/canada**

Blue lagoon 'not causing any danger:' Park board chair

JEFF HODSON
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Stanley Park's Lost Lagoon may be blue, but isn't dangerous, Vancouver's park board said yesterday after the completion of a preliminary water analysis.

Park board chair Raj Hundal said the vibrant turquoise water is a bloom of blue-green algae caused by the hot summer weather and defecation from wildlife.

"It's not a matter of urgent concern," said Hundal. "It's fair to say that it is not causing any danger to the wildlife or humans in the neighbourhood."

The bloom was localized to about 30 metres on either side of a concrete pedestrian bridge on the West side of the lagoon.

JEFF HODSON/METRO VANCOUVER

Vancouver park board chair Raj Hundal at Stanley Park's Lost Lagoon yesterday.

Yesterday, with cooler temperatures and rain, the water was bright green, not turquoise. Four ducks and a pair of swans were in the water beneath the bridge.

"It is not as blue as it was before," Hundal said.

"The oxygen and fresh water are helping out."

Hundal cautioned that the water analysis is only preliminary and the full results are expected by the end of the week.

Liberals may call for 6,250 surgeries to be cut: Document

KARL YU
for Metro Vancouver

A leaked document obtained by the NDP says the B.C. Liberals could be asking Vancouver Coastal Health Authority to cut 6,250 elective surgeries by March of 2010.

NDP health critic Adrian Dix said that neurosurgery (brain, spinal cord and nerves), thoracic surgery (chest and lungs) vascular surgery (arteries and veins) as well as general surgery could be amongst the cuts with more coming during the Olympics.

"We're talking about very significant surgeries that are being cut here," said Dix. "People are going to have to wait longer for those surgeries."

The plan, entitled "Proposed VCH Surgical Reductions — Impact and Mitigation Executive Summary," suggests that the cuts take place between September 2009 and March 2010 but Dix said medical professionals knew about this beforehand.

"The health authorities knew what their budgets were 15 months ago but they were ordered not to prepare budgets or make any cuts until after the election," he said.

"They started this process in the middle of the fiscal year."

Potential cuts

- NDP MLA Adrian Dix said some 112 positions could be lost under the plan and staff displacement would cost some $2 million.

News in brief

CONCERT Pearl Jam has announced that it will play GM Place on Sept. 25. Fan club members will have the chance to buy tickets first online tomorrow and Thursday with general sales starting the following day through Ticketmaster.

CHEMICAL SCARE Several businesses in Langley were evacuated yesterday after two barrels of what appeared to be hazardous chemicals were dropped behind a building. A Hazmat team was called and three people — including a police officer — were treated for nausea.

COURT Two people arrested in connection with the shooting and confinement of a man in Surrey made their first court appearance yesterday. The victim was found at home near Tynehead Park on Saturday and suffered non-life-threatening injuries. RCMP arrested 11 people at the scene.

ATTACKER RCMP are asking for help finding a man who tried to sexually assault a 16-year-old Coquitlam girl at a campsite near Cultus Lake. The girl was walking home from a friend's cabin early Sunday morning when she was grabbed from behind.

STUDY More than 3,700 British Columbians took part in a government study on distracted driving due to cellphones and other electronic devices.

HIT BY CAR A 14-year-old girl is in hospital after being hit by a car on a Fort Langley street. The girl was leaving a house party on Sunday night when she was hit.

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Canwest to change ownership?
Canwest Global Communications Corp., which is struggling under a debt load of nearly $4 billion, has initiated talks with Canadian regulators on a possible ownership change, officials said yesterday. REUTERS

Canada

Man seeks to split reward with culprit

A Prince Edward Island man is hoping to cash in on a $1-million reward EnCana offered for information leading to the arrest of the bomber who has been targeting the company's natural-gas pipelines in northern B.C. by offering to share the prize cash with the culprit, CBC News Online is reporting. James Halstrum recently placed ads in several northern B.C. newspapers asking whoever is responsible for the bombings to contact him. The RCMP said the plan is illegal, because it's against the law for the bomber to profit from his or her crime. METRO NEWS SERVICES

Three Amigos take aim at drugs, H1N1

Leaders pledge to share information on swine flu

Leaders of the United States, Mexico and Canada vowed yesterday to fight the spread of influenza A (H1N1), also known as swine flu, and combat drug gangs but differed on trade disputes at their "three amigos" summit.

U.S. President Barack Obama, Mexican President Felipe Calderon and Prime Minister Stephen Harper met against a backdrop of an economic downturn in each country with a U.S. rebound key to a regional improvement.

"The global recession has cost jobs and hurt families from Toronto to Toledo to Tijuana," said Obama at a joint news conference as the leaders pledged to work together to prepare for a summit of 20 leading economies in Pittsburgh next month.

Facing the possibility of a resurgence in swine flu this fall likely to lead to more deaths, the three leaders pledged that their governments will share information and try to instruct their peoples on how to prepare.

"H1N1, as we know, will be back this winter," Calderon said. "We are getting prepared ... to face in a responsible manner this contingency and abate its impacts." REUTERS

Obama downplays 'Buy American'

- President Barack Obama said yesterday the "Buy American" component of the U.S. economic stimulus package has not endangered billions of dollars of trade between the United States and Canada.
- Canadian premiers met earlier this week to send a joint message to the U.S. on it's stimulus package restrictions.

REUTERS

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Nova Scotia **Marshall honoured**

PAUL DARROW/REUTERS

The hearse carrying the remains of Mi'kmaq icon Donald Marshall Jr. leads an aboriginal honour march through his home community of Membertou, N.S., yesterday. Marshall was wrongfully convicted of murder in 1971 and served 11 years in prison before he was acquitted.

Harper blasted on refugee system

CRITICS The refugee system is only broken because the federal government has taken too long to give it the resources needed to tackle a growing backlog of claims, critics argued yesterday.

They were reacting to a statement by Prime Minister Stephen Harper that a dysfunctional refugee system, which he said encourages illegitimate claims, is the reason behind a new visa requirement straining Canada-Mexico relations.

> **"The government has really got quite a lot of nerve to attack the system for having a backlog when they themselves are the key reason that a backlog exists."**
> Janet Dench, Canadian Council for Refugees

Auditor General Sheila Fraser said in her March report that the Immigration and Refugee Board saw a significant decrease in its number of decision-makers beginning in the second quarter of the fiscal 2006/2007 and at one point was operating with a 35 per cent vacancy rate. Critics say the shortage is to blame for a backlog of pending refugee claims the Treasury Board expects to grow up to 94,000 by the end of 2009/2010.

"The government has really got quite a lot of nerve to attack the system for having a backlog when they themselves are the key reason that a backlog exists," said Janet Dench, executive director of the Canadian Council for Refugees.

Citizenship and Immigration Minister Jason Kenney told the House of Commons in April appointments to the board "slowed down for a certain period of time" because of a new pre-screening process involving exams and interviews for candidates. There has been a flurry of appointments in recent months but there is still an 11 per cent vacancy rate.

TORSTAR NEWS SERVICE

News in brief

YOUTUBE The three men responsible for a YouTube video in which they were seen shooting ducks out of season pleaded guilty in a Saskatchewan court yesterday. David Fraser, James Fraser and Jeremy Rowlands were charged with violating several federal and provincial wildlife protection laws. A judge ordered the men to turn over their rifles and slapped them with fines — the Frasers must pay $5,000 each and Rowlands must pay $6,000.

AMY GREGSON/FOR METRO CANADA

Rally against gay marriage not Tim's cup of tea

PAUL MCLEOD
Metro Canada

RHODE ISLAND Facing a wave of criticism, Tim Hortons announced yesterday it was no longer associating its company with an upcoming anti-gay-marriage rally being held in the United States.

News spread quickly yesterday morning that a Tim Hortons franchise in Rhode Island was sponsoring a fundraiser by the National Organization for Marriage, which is on record as opposing same-sex marriage. The event, billed as "Celebrate Marriage & Family Day," is taking place Sunday with the Tim Hortons logo on flyers and posters.

When contacted yesterday at its headquarters in Oakville, Ont., Tim Hortons said through a media release that support for the rally was a mistake on its part and it has since cancelled its sponsorship.

"It has come to our attention that the Rhode Island event organizer and purpose of the event fall outside of our sponsorship guidelines. As such, Tim Hortons cannot provide support at the event."

The company's website said it has policies against religious groups, political affiliates or lobby groups.

The press release did not address the exact nature of the rally.

Nepalese widows protest marriage incentive
About 200 women marched through Kathmandu yesterday to denounce a government scheme to pay cash incentives to men for marrying widows. REUTERS

World

Typhoon triggers deadly mudslide

A mudslide triggered by torrential rains from a typhoon may have buried up to 600 villagers in mountainous southern Taiwan, disaster officials said yesterday.

More than 50 people have died in tropical storms striking the Philippines, Taiwan, China and Japan.

The death toll so far in Taiwan stood at 15, with 55 missing and 32 hurt, since Typhoon Morakot struck the island on Friday and remained in the area through the weekend before battering China's populous east coast.

Rescue squads aboard helicopters had saved only 45 people from Hsiao Lin, a village of 1,000 in southern Taiwan.

Rains washed out roads and bridges in Kaohsiung County, severing all land vehicle traffic.

"No small number of single-storey houses have been covered in mudslides," said Richard Hu, an army major-general.

"We don't know how many people are there, but homes have definitely been buried." Local officials said they had lost contact with up to 600 villagers, with inclement weather reducing even helicopter access.

The storm caused floods in Taiwan's densely-populated south and farm-related losses on the island were estimated at $128 million US.

In Japan, tropical storm Etau was fast approaching and more than 47,000 residents of western regions were told to leave their homes, national broadcaster NHK reported. REUTERS

Storm toll

- Typhoon Morakot killed 22 people in the Philippines. In China, it damaged more than 1,800 houses in the province of Zhejiang and killed at least one child, the official Xinhua news agency said. One million people were evacuated in China before the storm made landfall.

Playing politics in Germany **Is bigger better?**

FABRIZIO BENSCH/REUTERS

A campaign poster for the upcoming German election with the words "We have more to offer" shows current Chancellor Angela Merkel, left, of the conservative Christian Democratic Union party (CDU) and Vera Lengsfeld, candidate of the CDU at Berlin's Friedrichshain-Kreuzberg district in Berlin yesterday.

Smuggler plotted to kill Calderon: Police

DRUG WAR Mexico has captured a drug smuggler believed to have been plotting to assassinate President Felipe Calderon in revenge for the army's crackdown on trafficking, a senior police official said yesterday.

Dimas Diaz, a mid-ranking member of the Sinaloa cartel in northwestern Mexico, was arrested Sunday with four other traffickers. Calderon and his family have received death threats since he launched his drug war in December 2006. The president has sent thousands of troops to crush drug gangs, which have become a huge barrier to Mexico's development and a serious threat to national security. Calderon, holding talks with Prime Minister Stephen Harper and U.S. President Barack Obama in western Mexico, said he had no specific details of any plan to attack him but brushed off drug gang threats. "It's not the first time and it won't be the last that there is talk about an attempt on my life," he told reporters. REUTERS

News in brief

SOMALIA Islamist group al Shabaab is forcibly removing gold and silver teeth from residents in southern Somalia because it says they contravene strict religious law, locals said yesterday. Residents in Marka say al Shabaab has been rounding up anyone seen with a silver or gold tooth. REUTERS

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Comment

Tougher times for the Three Amigos

NationalReport
Lawrence Martin

metronews.ca/nationalreport

The Three Amigos are getting a bit testy, where the Mexican mini-summit revealed some friction.

Mexican President Felipe Calderon made clear his opposition to Stephen Harper's introduction of a visa requirement for Mexicans, saying it was bad for relations. U.S. President Barack Obama made it clear he was getting a little tired of Harper's complaints over how Buy American laws hurt Canadian exporters.

It may have been just an incidental slip but it was interesting how the U.S. president referred at the press conference to the Mexican leader as his "great friend" and Harper as his "good friend."

If there was friction among the Amigos it should come as no surprise. The days of a smooth functioning NAFTA agreement are over. With the advent of China, the days when Canada had few other good alternatives for trade than the United States are over. The 9-11 calamity has changed the dynamic at the border, perhaps permanently. As well, there is the deep American recession, which isn't helping the bilateral spirit. And with regards to Mexico, the immigration problem can't help but make things difficult.

For political purposes, Harper has to get along well with Obama because the U.S. president is so popular in Canada. But on an issue-by-issue basis, on a political philosophy basis and on a personality basis the two men cannot be expected to find the going too easy. On the thickening of the border issue as well as the Buy American issue, there was no signal yesterday that Obama would be doing Canada any favours.

At the end of the press conference, sensing perhaps a need to leave on a nice note, Harper went out of his way to compliment Obama on his handling of the leadership crisis in Honduras.

That was smart. On Mexico, however, he clearly made a misstep in his timing of the announcement — shortly before this summit — of the visa requirement. Though the PM's position is perhaps defensible, he should have known how his timing would only showcase the controversy. It did — and led to Harper, in order to ease the tensions, having to announce that the whole matter was Canada's fault.

With the U.S. and with Mexico, these aren't easy times for Ottawa. But Canadians should get used to it. It's a new era. Given the changing dynamic on the continent, the Three Amigos billing is Pollyannaish.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Problems with refugee system are many

Martin Collacott

Immigration Minister Jason Kenney was absolutely right when he imposed visa requirements on visitors from the Czech Republic and Mexico. Canada was being pummelled with thousands of refugee claimants that virtually no other country in the world would allow to make claims.

Prime Minister Stephen Harper was equally correct when he told Mexican President Felipe Calderon that the reason why visas had become necessary was because Canada's refugee system encouraged bogus claims and had to be changed.

It has been clear since the current refugee determination was put in place nearly two decades ago that it is highly dysfunctional. While the auditor general of Canada, among others, has documented its shortcomings in detail, no one has been prepared to take on the powerful Canadian refugee lobby, which keeps insisting we are far too stingy when it comes to accepting those seeking asylum.

We are the most generous country in the world in welcoming refugees. We accept 50 per cent of those who make claims in Canada (compared to an average of 12 to 15 per cent for other Western countries) and on a per capita basis we grant refugee status to four or five times the number that others do. We also provide the most generous package of benefits — a fact that makes us a highly attractive destination for asylum shoppers.

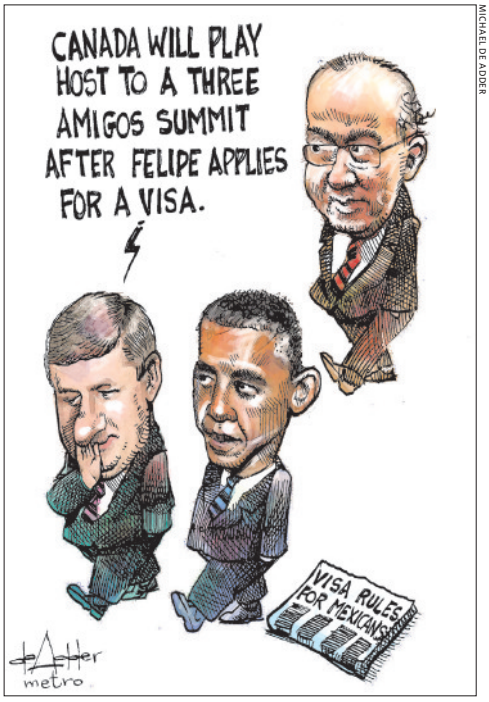
The problems with the current system are many. To begin with, we allow far too many people to make claims, thus clogging the system and slowing down the processing of claims that have merit.

We also need to reduce the multitude of appeals and reviews available to failed claimants to a single substantive reappraisal of their case. Under the current system they are able to avoid removal for years by means of serial reviews and appeals. All of these should be bundled into a single one-stop process so that those whose claims were rejected know quickly if they will be allowed to stay here permanently or will be removed without delay if the review is not favourable.

Whether the government will be able to make any substantive changes to refugee policy remains to be seen. The opposition parties have not been co-operative when it comes to reforming the system and, in fact, have been attempting to complicate it further by adding yet a further layer of appeal without first clearing up the existing mess.

Canadians, however, are increasingly aware that the refugee system is badly in need of a complete overhaul and those who try to block it could well pay a price in terms of electoral support.

Martin Collacott is a senior fellow at the Fraser Institute in Vancouver and former Canadian ambassador in Asia and the Middle East.



MICHAEL DE ADDER

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NASA to spend $50M on developing space tourism
NASA plans to use $50 million US of federal economic stimulus funds to seed development of commercial passenger transportation service to space, agency officials said yesterday. REUTERS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Coming this fall: TV fees

Stay tuned folks: Watching television is about to get more expensive — again.

Cable and satellite bills are set to rise this fall as those TV service providers begin collecting a mandatory new fee to subsidize local stations in small markets across Canada.

Cable giant Rogers Communications Inc. is sending a strongly worded letter warning customers to expect a new charge worth 1.5 per cent of their recurring TV monthly service fee starting in September. The cost relates to the Local Programming Improvement Fund, created by the Canadian Radio-television and Telecommunications Commission to subsidize stations in markets of less than one million people.

The CRTC established the fund in October 2008. It was envisioned that cable and satellite companies would contribute one per cent of their gross broadcasting revenues to the fund. Last month, however, the CRTC decided to raise funding to 1.5 per cent as a "temporary measure" for the upcoming year. The CRTC plans to review the funding next spring. TORSTAR NEWS SERVICE

Business in brief

WIRELESS Nortel Networks said yesterday its chief executive will step down immediately and its board will shrink from nine directors to three as the bankrupt telecom equipment maker sheds assets. The departure of CEO Mike Zafirovski had been expected for some time since the company filed for court protection from creditors at the start of this year.

MINING Shares in global miner Rio Tinto Plc./Ltd. fell yesterday after China stepped up its spying allegations against the company, although Australia's Foreign Ministry said the latest accusations were nothing new. China's state secrets agency said on its website at the weekend that Rio Tinto had spied on Chinese steel mills for six years, resulting in the mills overpaying $102 billion for iron ore. REUTERS

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Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

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Careful you don't flip out

Keep these in mind if you play the real estate game

AlisonOnMoney

It's the four letter F-word all over again. Flip. Not flip as in flipping the bird (a.k.a. giving the finger), but flip as in quick and easy bucks in real estate.

After more than a year of doom and gloom on the property pages, repressed editors are now positively shrieking with glee whenever they can report a return to bidding wars.

Real estate bidding wars belong to the post-tech-bust world and an anything-but-the-stock-market attitude to investing. With that trend came a wave of flippers — and half a dozen real estate shows to pump them up.

I don't recommend flipping as a wealth generating tactic for the average person because it is far too easy to succumb to emotional decisions. Neophyte flippers also often forget to factor in costs such as land transfer taxes and capital gains.

But if you are determined to try your hand as a property mogul, take a business-like approach and pay attention to the three basics.

Location still rules. In major centres, focus on areas close to transit, schools, parks and services. But choose neighbourhoods a little down at the mouth or on the fringe. If real estate zooms they will be the target of buyers who can't afford the primo addresses.

A well-known adage in the real estate business says don't buy the best house on the block.

Condition is critical. Do a thorough assessment of the big buck items; roof, insulation, furnace, exterior drainage, foundation and evidence of termites or carpenter ants. Such things cannot be fixed cheaply or covered up with a few coats of paint.

Do your comparison shopping. A well-known adage in the real estate business says don't buy the best house on the block. This is especially true in areas that are on the verge of up and coming yet still have a large stock of modest homes.

If you intend to buy and hold, it's a different story. Over time neighbourhoods are discovered, big ticket repairs can be amortized and humble abodes catch up to the mansion on the corner.

But if you must flip — ignore location, condition and comparison at your peril.

Alison's Money Rule:

- Don't turn a property flip into a flop by ignoring the basic rules of real estate. Location, condition and neighbourhood comparisons rule profits.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

Investing

Allan Small discusses how long can the rally in North American markets last. Visit metronews.ca/investing

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The Time Traveler's Wife
IN THEATRES AUGUST 14

Plan and find reasons to be optimistic

MoneyMatters

I am a single male in his early 30s. I am deeply troubled about the impact this recession may have on my job and lifestyle. My income is fixed with very little savings. I constantly read about all the layoffs. Should I have a more optimistic approach?

— Dale, B.C.

A The media does a great job reporting bad news because it's what many tune in for. What's more interesting: "100 families lose jobs, homes, must live in homeless shelters" or "Mom buys new mini-van to drive kids to dance class"?

Personally, I see the glass as half full. However, optimism is not a bubble that is oblivious to world economic issues. This may be an opportunity to look closer at your work ethic, organize priorities and formulate a contingency plan.

Individuals cannot eliminate the anxiety of losing a job, or how to pay next month's mortgage, but can take steps to manage stress: Sit back and take inventory. Create a budget or review your monthly cash flow. Be objective and cut unnecessary expenses. Start a savings account for rainy days and take a sincere interest in your job.

Inaction is not acceptable. Large organizations and businesses could not be successful with that philosophy.

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Cherepanov case reopened

Russian prosecutors will reopen the investigation into the death of New York Rangers draft pick Alexei Cherepanov, who collapsed during a Continental Hockey League game last year in Russia. An Investigative Committee ruled last month that team doctors were not to blame for Cherepanov's death and would face no charges. METRO NEWS SERVICES

Sports

'Canes sue artist

The Carolina Hurricanes are suing a hip-hop artist from Raleigh, N.C., who produced a song promoting the franchise, saying the man has violated team trademarks. The federal lawsuit accuses Tyrone Banks of misusing trademarks by referring to the tune as "the official Carolina Hurricanes song" and wearing a Hurricanes jersey in promotional material. METRO NEWS SERVICES

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Nadal's knees pass first test

Rafa returns to action as defending champ at Rogers Cup in Montreal

Rafael Nadal's tender knees passed their first test when the Spaniard returned to action yesterday in a doubles win at the Rogers Cup in Montreal.

Sidelined for more than two months with tendonitis in both knees, Nadal looked fit and showed no signs of pain as he teamed up with coach Francisco Roig to beat Serbian duo Novak Djokovic and Dusan Vemic 7-5, 6-4.

"It's great to be back and I had a lot of fun playing with Francisco," Nadal told reporters. "A win is a win and doubles is fun and important so I am happy about the way it went today.

"I am really looking forward to playing singles on Wednesday."

It was a positive first step in what is expected to be a testing comeback for the 23-year-old Spaniard, who opens defence of this Montreal crown with a second round clash against either compatriot David Ferrer or Serb Viktor Troicki. REUTERS

Tough draw for Canadian

- Frederic Niemeyer of Deauville, Que., advanced to the second round of the Rogers Cup yesterday with a 7-5, 6-1 upset of 39th seed Igor Kunitsyn of Russia yesterday in Montreal.

Niemeyer, ranked 487th in the world, will now be the first opponent for top-ranked Roger Federer since he won Wimbledon on July 6.

Blue Jays let Rios go to White Sox

WAIVERS The Chicago White Sox claimed outfielder Alex Rios off waivers from Toronto, and the Blue Jays opted to rid themselves of the high-priced slugger for nothing in exchange. METRO NEWS SERVICES

Kane lays low after robbery charges

NHL With Patrick Kane holed up, apparently, in his parents' Buffalo home, the controversy surrounding an alleged beating of a cab driver over pocket change swirled around him.

The budding superstar must appear in a Buffalo court next Monday to face charges of felony robbery and misdemeanour counts of theft of services and criminal mischief instead of attending the opening of Team USA's Olympic camp.

The victim's lawyer, Andrew LoTempio, suggested the matter had been overblown and could be over with quickly.

"It was not really a robbery," he said. TORSTAR NEWS SERVICES

Sports in brief

FORMULA ONE Michael Schumacher will test Ferrari's 2007 race car again this week in preparation for his return to Formula One as a replacement for the injured Felipe Massa. METRO NEWS SERVICES

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Student ¢ents

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SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Graduate in the black

But financial planning key to ensure future success

BRIAN COULTON
for Metro Canada

It can be a period of firsts for students graduating high school, including their first time living away from home and attending college or university. But what many students aren't prepared for is the first time they have to manage their own finances.

A survey of Ontario students aged 14 to 18 conducted by the Investor Education Fund, an Ontario Securities Commission initiative to help people properly use financial information, found that less than half of those surveyed knew how to create a budget, and just 38 per cent felt prepared to manage their money after high school.

"Money management skills directly affect a person's ability to meet financial needs in the future," said Perry Quinton, the fund's Toronto-based vice-president. So, whether it's buying a home, vehicle or business in the future, poor financial decisions today can compromise those abilities tomorrow. "When you're at this stage, the money's there and it's about spending it. You don't really think of the long-term consequences," she said.

And while post-secondary students popularly enter debt because of student loans and credit cards, Murray Baker believes it is possible to graduate in the black.

For students to balance their budgets, the Vancouver-based author of The Debt-Free Graduate recommends creating a "roadmap" for the year, detailing when they'll receive income from student loans, savings and summer jobs.

"You can look ahead and say, 'It looks like I'm going to be short by this month.' Then you can take steps ahead of time," he said. "That leaves it a lot less stressful for students and gives them time to focus on their academics."

"Money management skills directly affect a person's ability to meet financial needs in the future." Perry Quinton

With a little planning, you don't have to end up overwhelmed by debt after you graduate.

For students who must borrow money to cover expenses, Murray suggests considering a credit card only as a last resort, and obtaining student loans first. "Student loans are the best option, not only because the interest rate is regulated by the government, but, if you run into difficulty paying off the loan later on, there are a lot of mechanisms for student relief."

But credit cards can help students with those aforementioned long-term goals, said Elena Jara, education co-ordinator for non-profit credit counselling agency Credit Canada. However she suggests starting small, so students aren't tempted to get too deep into debt and generate an adverse effect.

"If they're working part-time and get a credit card with a very small credit limit — maybe $300 to $500 — this will allow them to, within time, build a credit rating and learn to manage that credit card well."

Tips to avoid a rainy day

Statistics Canada estimates the average university student paid $4,724 in tuition last year, and the associated costs of school go far beyond protractors and erasers.

Financial and insurance experts offer the following tips students and their families can take to lower potential expenditures:

- Students who are away at school and are living outside the family home temporarily are usually still covered for up to $10,000 in belongings by their parents' home insurance policy. In most cases, this will negate the need for their own tenant policy. However, students who sign a lease should obtain their own tenant policy for insurance of belongings and personal liability on the rented premises.

- For students who need their own policy, tenant insurance can be had for as low as $100 for the year. And while many think they don't have much to protect, consider this: Just the cost of replacing your entire wardrobe could amount to thousands of dollars.

- Some auto insurance companies offer discounts to customers who have children attending school away from home. In some provinces, families can save as much as 50 per cent in secondary driver insurance costs. NEWS CANADA

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Learning Curve is a special feature that focuses on education and student life.

Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

New school can be a challenge

But asking lots of questions can be the key to transition

BRIAN COULTON
for Metro Canada

Choosing courses, navigating an unfamiliar campus and learning a new style of schooling can be trying enough for new college and university students, let alone adapting to a new city and circle of friends.

"It can be remarkably challenging, frustrating at times, exciting, difficult ... all sorts of overwhelming feelings," said Greta Hall, student development and orientation co-ordinator at the University of Calgary.

But amid the mixture of emotions and demands affixed to the post-secondary transition, you're not on your own. Hall said the most important piece of advice she gives to new students in doubt is to ask questions.

"Every campus has resources for their students, to help them with a whole range of transition issues, whether it be academic, social or emotional," she said. Talking to professors or academic advisers and making use of health and wellness centres are only a few opportunities Hall recommends. "The onus is on the students, most times, to ask for the help and realize there are resources there."

Students are also responsible for managing their own daily schedules, a novel task for high school graduates accustomed to the secondary school day structure.

JAMIE GRILL/ICONICA

In university or college, students are responsible for managing their own daily schedules.

With many students in class just 15 hours per week, Hall said they often fall into a trap where newfound freedom can lead to failure.

"As midterms and final exams start to come, it can become very overwhelming," she said, "That's where students start to feel the crunch and panic."

To manage on-campus time effectively and dodge added stress, Robin Walker, an admissions counselor at Mount Allison University in Sackville, N.B., recommends making a personal schedule, penciling in periods for study.

"In high school, it would have been odd to say you're going to study from 1 p.m. to 3 p.m.," she said, "but I tell students all the time to make their schedule and actually include a study period for each class they're in."

New students should also make time to get involved, said Walker, where meeting people can make for a smooth social transition in what's often a foreign city.

"Living in residence is a great way to meet people and kind of make instant friends," she said. "But also getting involved in extra-curricular activities and taking advantage of those opportunities to meet people and be social is really important in your first-year for post-secondary success and long-term happiness."

Easy to work out, and, on budget: Expert

KARL YU
for Metro Vancouver

Tuition and textbook expenses give students' bank accounts a tough workout, but there are ways to get in shape during the school year while giving that tired bank account a break.

Steve McMinn, the personal trainer behind fitforreal.ca, said physical fitness doesn't have to be expensive.

Riding a bike to school is a great way to burn calories while saving on transportation costs, McMinn said. A 150-pound man can burn about 220 calories per half-hour bike ride, while a 120-pound woman burns about 175. One pound equals about 3,500 calories, so students biking to and from school burn a pound every week-and-a-half.

At school, taking the stairs over the elevator also makes a difference in the long run.

According to the Public Health Agency of Canada, going up and down the stairs five minutes each way burns about 80 calories. That's almost half a pound every week.

After class, the most fun way to stay in shape is to join an exercise class or an intramural sports league — both are usually covered by tuition.

Riding a bike to school is a great way to burn calories.

"If you play in a (student) floor hockey league or a beach volleyball league or indoor soccer all those things are great fun," McMinn said. "You get to meet people and you also get to stay in shape."

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Learning Curve is a special feature that focuses on education and student life.

Anxiety can be overcome, experts say

Help is out there for adults heading back to school

RAFAEL BRUSILOW
for Metro Canada

Returning to higher education doesn't have to make you feel like a fish out of water.

For some adults who go back to college or university, the anxiety and uncertainty of heading back into the classroom can sometimes feel like a nerve-wracking experience.

But whether you're there to update your skills, advance your career or just stretch yourself as an individual, education can be the most rewarding gift you give yourself.

Marilyn Booth, director of the School of Continuing Studies at the University of Toronto, says the most important thing to remember is that you are going back to school on your terms, for your reasons.

"Your attitude towards learning can shift as you come back to school because you're making a choice to come back. You should be looking for a program that fits your needs, your learning style and where you want to get to," Booth said.

"In the past when adults went back to school, they felt a lot more isolated. Now they can go online at midnight and find a whole community they can go to."
Judith Plessis

Judith Plessis, executive director of Continuing Studies at the University of British Columbia, suggests technology has changed the landscape of social interaction and education so that adult students don't have to feel alienated from their classmates at all.

"Technology has helped people be much more in touch with their colleagues. In the past when adults went back to school, they felt a lot more isolated. Now they can go online at midnight and find a whole community they can go to," Plessis said.

If you have any sense of anxiety about going back into the classroom, Booth says you can take strength from the fact that your life experience can be a huge resource to your classmates.

"Remember you're not there just to get information from the instructor, you're there to share your own life experiences. You bring plenty to the classroom," Booth said.

As for taking the leap back into the classroom, Plessis says you have to think about what you can manage and how much energy you are willing to put in. If you want to go back to school, be honest with yourself about whether you're ready to make the necessary commitment.

"Family life, kids, competition at work, your mortgage — these things will not go away when you go back to school. You really have to know how you're going to prioritize this experience," Plessis said.

Above all, remember that going back to school on your own terms is meant to be fun as well as educational.

"Education is a gift that you're giving yourself — enjoy it," Booth said.

Adults returning to school have to balance work and family life.

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Aboriginal culinary arts

Program focuses on First Nations cooking methods and techniques

DANIEL TAM
For Metro Vancouver

The first culinary arts program to focus on Aboriginal cuisine will see its first class graduate later on this month.

While the West Coast is known for Aboriginal art and culture there isn't a Vancouver restaurant that specifically serves First Nations dishes.

That could change as Vancouver Community College launched an Aboriginal culinary arts program that combines traditional ingredients and contemporary presentation to cater to modern day palates.

Instructor Ben Genaille, who has worked as a chef in Vancouver for 28 years, helped put together the one-year-old program with the help of the Musqeaum band and the Four Host First Nations Society.

He started by researching Aboriginal cuisine, cooking methods and techniques, while gathering information and promoting Aboriginal foods.

"We learn about moisture cooking, dry heat cooking and different techniques and start applying it to Aboriginal ingredients," said Genaille, who is Cree himself.

He said that interest for Aboriginal food in Vancouver is high.

"There is a big niche market for Aboriginal catering and Aboriginal foods," said Genaille. "We're in a dynamic culinary Mecca with foods from every culture."

He hopes that the program will draw interest from students from a wide range of backgrounds.

"My hope and dream is to have it of interest to other cultures," said Genaille.

The current batch of chefs complete the program on Aug. 21, while the next group of students start classes on Aug 31.

SUBMITTED PHOTO

Ben Genaille at the Vancouver Community College culinary arts-Aboriginal specialty kitchen.

Prep tasty, nutritious foods for long classes/lectures

DANIEL TAM
For Metro Vancouver

Burgers, fries and pizza have been and still are staples in a post secondary student's diet, but there are tasty, nutritious foods that can be prepared quickly by time-strapped students.

University of British Columbia nutritional sciences professor Gwen Chapman said that there are a variety of different snacks that provide students with the essential nutrients and energy needed for those long classes and lectures.

"Fresh fruits and vegetables are great options," said Chapman. "Another more energy-dense food would be cheese, which will give you some protein and calcium."

"(Sandwiches) are quick to eat and fairly quick to make," said Chapman. "If you pack them and bring them with you, that's a pretty good option."

She suggests pasta as an option if students have more time to make food.

"If you just have pasta with tomato sauce and a bit of cheese on it then it's something that's pretty inexpensive and can give you a fair bit of nutrients as well," said Chapman.

Quick lunch ideas

- If you have 10 minutes for lunch – carrot sticks, celery, cheese and crackers.
- If you have 30 minutes for lunch – salad, sandwiches, wraps, quesadillas, sushi.
- If you have an hour for lunch – pasta, rice with stir fry or steamed vegetables.

Opt for cheese and crackers and carrot sticks when you're tight on time.

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From left: SLÄTTHULT Frames decoration stickers, $16.99; NILS dining armchair with cover in Eslöv black/white, $139, and HEMNES daybed with 3 drawers in white, $499.99. All available at Ikea, ikea.ca

Home away from home

JANINE FALCON
for Metro Canada

For many students, back-to-school prep time brings happy thoughts of adding personality to a dorm room or a first home away from home.

Metro tapped three design experts (and Cityline regulars) for tips on smart, budget-friendly choices for student living.

Whether you're dormitory-bound or setting up your OC (off-campus) pad, "avoid white sheets and towels," advises Arren Williams (arrenwilliams.com). "White doesn't stay white for long, so go for colour, and consider easy-care cotton-poly blends for bedding."

Colourful pillows, laundry hampers, kitchenware, lamps and other accessories are also easy ways to put your stamp on a space. And don't forget to add plants — green is a colour too.

For inexpensive furnishings, Williams likes Value Village and Goodwill. "You might find a $4 or $5 chair or table you can easily spray paint fuchsia or royal blue for a funky, Three's Company vintage look."

Tamara Robbins Griffith, design and PR specialist for Ikea, stresses the importance of multi-functional pieces for small spaces. "For example, upholstered dining chairs can serve as extra seating in the living room when you're entertaining, and bookshelves can function as zone dividers," she says. Daybeds take on daytime sofa duties as well as offer storage underneath, and drop-leaf tables expand for guests.

CONTINUED ON NEXT PAGE

Clockwise, from top right: Assorted bath towels, $3.50 each at Walmart, walmart.ca; 10" Schefflera Arboricola green plant, $16.88 at Home Depot, homedepot.ca; and PC Ottoman, $49.99 at Loblaws and SuperCentres, pc.ca.

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Learning Curve is a special feature that focuses on education and student life.

CONTINUED FROM PREVIOUS PAGE

To get away from posters taped to the wall, Griffith suggests multiple sizes of picture frames in the same finish for striking vignettes. If holes in the walls are a no-no, removeable decals can safely turn a boring surface into a feature.

Interior designer Karen Sealy (sealydesigninc.com) makes a sage point: "Young women want clothing storage; guys like storage for snacks."

Storage ottomans and extra shelving are easy solutions for both genders, says Sealy, who, along with Williams, recently put a Hershey's milk-chocolate-inspired small-spaces design spin on a suite at Toronto's Delta Chelsea Hotel.

Blackout curtains or drapery panels to add to existing window coverings will come in handy, too. "Students tend to work late into the night and often need to sleep during the day," says Sealy. She suggests garage sales as sources of bargain-priced items, but says that more than deals, look for durable pieces to take you through your entire school career.

Of course, more important than the pieces you buy is whether you can get them into your dorm or apartment. "Get details on your access routes — doorway, stairwell or elevator measurements," says Sealy.

From top: These PC Polar Fleece Throws, are $9.99 per pack of two and are available at Loblaws and SuperCentres, pc.ca. Meanwhile, the Debbie Travis Woven PVC Hamper is available for $24.99 at Canadian Tire.

Checked Glass Tumblers, $8.50 each at Pier1 Imports.

These corkboards are $9 each at Walmart, walmart.ca.

These colourful banker's boxes are $7.97 for a pack of two at Walmart, walmart.ca.

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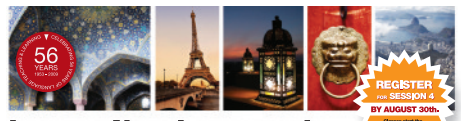

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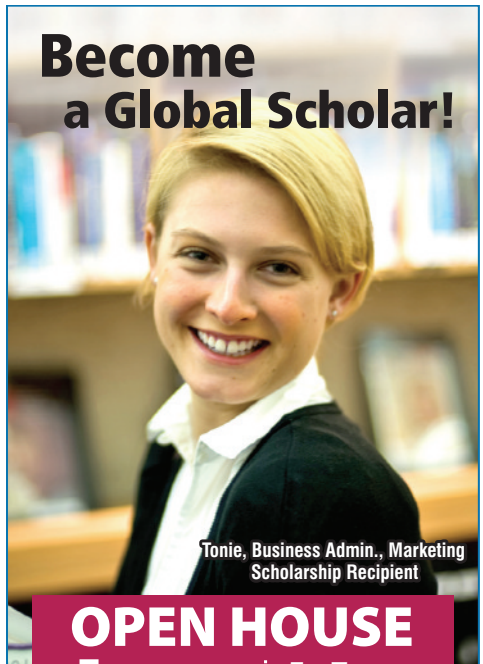

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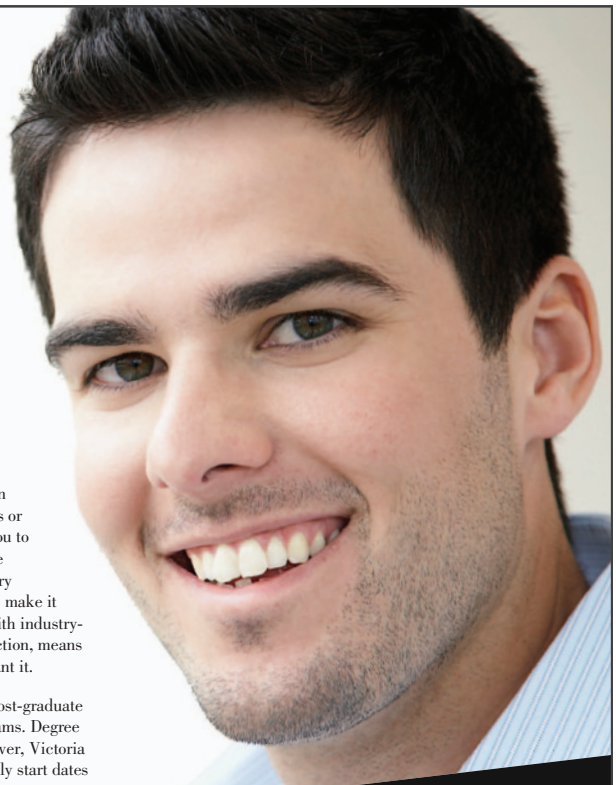

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Where boys meet girls

DANIEL TAM
for Metro Vancouver

Think about it, where better to meet like-minded guys and girls than school?

University and college students are usually around the same age and share the same interests. Four students from different post-secondary institutions in the Lower Mainland list their Top 3 places to meet the opposite sex.

Grinberg

Martin Grinberg, 20, Kwantlen Polytechnic University

- Bookstore, you can ask what books they are buying.
- In class, because we have something in common so it's easy to start a conversation and relate.
- In the rotunda, that's where a lot of the students are.

Jess Preston, 23, Simon Fraser University

- The library is a good place to catch them studying alone when they're not with their friends.
- Anywhere there's free food. Our campus runs a lot of outdoor barbecues and guys love free food.
- The fitness centre is where a lot of guys from teams work out.

Preston

Paget

Chris Paget, 22, University of British Columbia

- You can always find sorority girls at frat parties.
- Around the student union building during regular school days.
- A lot of students are in lectures and you can find a lot of girls in there.

Law

Kristen Law, 22, Langara College

- A lot of guys hang out at the Starbucks on campus.
- Students spend a lot of time at the study lounge just outside of the library.
- The cafeteria, because guys do nothing but eat so go where the food is.

A pub for everyone

KARL YU
for Metro Vancouver

After a hard, long week attending classes, whatever your mood, there's a pub for you.

For the adventurous students who want to venture off-campus, here are some hot spots to check out.

IRISH PUB EXPERIENCE
The Blarney Stone
216 Carrall Street, Vancouver
Situated in Gastown, the Blarney Stone offers Irish pub fare such as Bangers and Mash and Guinness and Kilkenny mingled in with the sounds of house band Killarney.

GOOD VALUE
X-Site Grill and Bistro
4265 Hastings Street, Burnaby
A short bus ride from Simon Fraser University, patrons get large servings of food at affordable prices, with pints starting at $3.95 ($2.95 on Mondays) and a steak setting you back $10.45.

SPORTS BAR ATMOSPHERE
Coppertank Grill
3135 West Broadway, Vancouver
Not to be confused with the location on Main Street, the Coppertank on West Broadway is close to UBC and with 15 TVs, is a great place to check out a Canucks game.

"DIVE" BAR EXPERIENCE
The Cambie Bar and Grill
300 Cambie Street, Vancouver
Open since 1887 and located below a hostel, the Cambie sees a number of backpackers but the $5.50 Burger and Brew combo is great for the student crowd.

GOOD PUB DISTRICT
Commercial Drive, Vancouver
The Drive has a great variety of pubs, including Tobys Pub and Grill, which spans two floors, and Stella Tap and Tapas Bar with its variety of Belgian beers.

Second-hand textbooks can be 25 per cent cheaper, which — if purchased for all your courses — can be a significant sum.

Used books can add up

KARL YU
for Metro Vancouver

Doing a little homework to ensure you're getting the current edition is key to buying used textbooks.

"We get so many students that come in going, 'I bought it off of somebody and they were advertising and I thought it was the right book,' " said Ken Saul, the owner of Discount Textbooks near the University of British Columbia.

Used textbooks usually sell for 25 per cent less than new books, which can add up when all courses are factored in.

Saul said some new students don't realize right away they can buy used books and end up broke the first few months of class.

On the other hand, selling last year's textbooks can help pay for this year's books.

The likelihood of selling the textbook increases if the course it's related to is being taught at a school nearby.

"If the book is being offered at Cap College or SFU or UBC, then you're going to get more money for it," Saul said.

"The best value is always going to be when you sell it somewhere that it's used or in a term that it's starting to be used."

New codes

- Some textbooks have codes that are needed to hand in assignments online, but the code can only be used once. If you buy a used textbook, you will have to get a new code as well.

Online school shoppers cite prices, convenience

KARL YU
for Metro Vancouver

The period leading up to Labour Day will see one in six Canadians shopping online for back to school supplies, according to a survey by Visa Canada.

Of those online shoppers, 25 per cent would be buying books, 22 per cent would be purchasing computers, 10 per cent would get backpacks.

Another 40 per cent said they would go online to buy clothes and shoes for school and on average, the online shoppers were planning to spend $318 for school supplies.

The bill for average online spending leading up to Labour Day was expected to be in the $600 range and of the respondents, 35 per cent chose the method for its convenience, 40 per cent for better prices and 26 per cent for the better selection.

Retail too

- Four in 10 online shoppers are also expected to head to retail stores and spend an average of $298.

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Esthetics Wednesday, August 12, 4:30 p.m. – room 201	Downtown
Hospitality Management Diploma Wednesday, August 12, 11 a.m. – room 429	Downtown
Culinary Arts Friday, August 14 and 21, 9:30 a.m. – room 305B	Downtown
Paralegal Certificate Saturday, August 15, 12 noon – room 203	Downtown
Auto Collision, Refinishing **Auto Technician, Heavy Duty** Tuesday, August 18, 11 a.m. – lobby, north building	Broadway
English for Careers - Health Sciences Thursday, August 20, 6:30 p.m. – room 235	Downtown
Interpreting Certificate - Court Thursday, August 20, 6 p.m. – room 240	Downtown

Downtown campus, is located at 200-block Dunsmuir at Hamilton (two blocks west of Stadium SkyTrain station).

Broadway campus, is located at 1155 East Broadway.

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Vancouver Community College

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Help stop sex slavery

Former victim Somaly Mam launches three-year campaign

CELIA MILNE
For Metro Canada

Somaly Mam is a stunning and effervescent international activist. But it wasn't always thus.

She was born into a life of poverty in Mondulkiri province, Cambodia. Abandoned by her parents, she was sold by a man posing as her grandfather into sexual slavery.

She doesn't know how old she was (she guesses 12 or 13), or what her name was when she was forced to work as a prostitute. She and the other girls in the brothel were tortured and manipulated. They felt scared and trapped. "When you are in the brothel, you never have the idea to get out. Who will help me? It is not easy to get out," she tells Metro in a phone interview. "I know what is painful — when you need someone to hold you but no one does."

Mam observed something unimaginably horrible. "One day my friend was killed in front of me," she says. Watching a friend being murdered by a pimp was so terrifying for the young Mam that she ran away. She vowed that day she would make preventing such atrocities her life's work.

SUBMITTED PHOTO

Somaly Mam, one of TIME Magazine's 100 Most Influential People of 2009 , is the founder of The Somaly Mam Foundation — dedicated to fighting the human trafficking industry.

"(I wish for) a world without trafficking of sex slaves. A world with love."
Somaly Mam, activist and founder of The Somaly Mam Foundation

Mam is now a world-renowned activist and the lifeblood of the Somaly Mam Foundation, which provides rescue and rehabilitation services to girls who are victims of sex slavery in Cambodia, Laos and Thailand. The Foundation has saved 3,000 girls since its founding in 1996.

Now everyday Canadians can help too. The Body Shop has teamed up with the Somaly Mam Foundation in a three-year campaign to prevent the trafficking of girls and young people for sexual purposes. The other partner is Beyond Borders, the Canadian link in the international group End Child Prostitution, Child Pornography and Trafficking of Children for Sexual Purposes (ECPAT).

It is estimated that millions of children worldwide, like Mam, are trafficked for sexual exploitation. Traffickers prey on children and young people to meet the sexual demands of pedophiles and people who pay for sex. Some traffickers are part of organized criminal networks.

The Body Shop in 60 countries is selling products such as Soft Hands Kind Heart lotion to benefit these organizations. Some of the proceeds go directly to Mam's shelters. "I have more than 200 girls to feed every day in shelters. Now I have hope," she says.

What does she wish for? "A world without trafficking of sex slaves. A world with love."

Teenage sexual angst

The J Spot

Josey Vogels

metronews.ca/thejspot

If there's one lesson young women everywhere learned from John Hughes films it's this: Don't give a boy your underpants. Ever.

As you've no doubt heard by now, director John Hughes, the master of some of the most influential teenage drama films of our, or at least of my, generation — Pretty in Pink, Sixteen Candles, The Breakfast Club, Ferris Bueller's Day Off — died last week of a heart attack at age 59.

Prostitution among chimps? Read Josey's blog online at metronews.ca/blog

Hughes created a world run by teens (do adults really matter when you're a teen, after all?). There was less sex farce and more true sexual angst than we see in today's teen sex comedy/dramas (American Pie anyone?). He had a way of captivating that fleeting period (of course, at the time, it feels it will never end) when your emotions in all their overly dramatic, roller coaster glory completely dictate your entire life.

He reflected the hierarchy of teen social life — cool people rule, geeks are outcasts, the girls always went for the yuppies or the bad boy while the nerdy-but-nice boys were left on the sidelines.

But he also exposed the vulnerability of this hierarchy and cracked teenage life open to show us what it was really about, that is, a bunch of insecure, inexperienced, sexually curious young people jostling for social position and acceptance. Without making it too realistic, which would just be depressing (watch the documentary Kids, and you'll know what I mean).

After all, no teen in real life would say what Andrew McCarthy's preppie rich-boy character, Blane, says to Molly Ringwald's character, Andie, a girl from the "wrong side of the tracks" in 1986's Pretty in Pink: "You said you couldn't be with someone who didn't believe in you. Well I believed in you. I just didn't believe in myself. I love you. Always."

By making teenage life more exaggerated, funnier, and more entertaining, Hughes' allowed us to shudder at the pain but ultimately to laugh at the absurdity of it all.

Which is perhaps why it is still so satisfying to watch these films as an adult (something the movie channels obviously understand given how often they air them). As a teen, you're too busy being a sexually confused, angst-ridden, insecure teenager to really appreciate the perspective he offered.

As an adult, you've made it through to the other side. You realize that, as adults, the pretty girls, the bad boys, the nerds and the geeks all end up on a more even playing field.

Though I still wouldn't give a boy my underpants.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Chou as the chauffeur

Following Stephen Chow's departure, the Kato-shaped gap in Michel Gondry's Green Hornet has now been filled, says Variety. Jay Chou will fill Bruce Lee's shoes as the chauffeur, alongside Seth Rogen as the titular vigilante newspaper tycoon. EMPIREONLINE.COM

Entertainment

Demon socialite

Paris Hilton is set to guest star in an episode of Supernatural. "Paris Hilton is playing a demonic creature that takes the form of ... Paris Hilton," said creator and executive producer Eric Kripke. TVGUIDE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

DVD picks

I Love You, Man

Director: John Hamburg

MOST STRAIGHT MALES would sooner skinny dip with sharks than admit to a "bromance," which to them implies weakness or — horrors! — latent homosexuality.

I Love You, Man takes this Freudian courtship to comic extremes with the odd-couple pairing of uptight realtor Peter (Paul Rudd) and his free-ranging pal Sydney (Jason Segel).

Peter realizes he has no close male buddy to be best man for his upcoming wedding to the fetching Zooey (Rashida Jones of TV's The Office).

A chance meeting with Sydney at an open house for Lou Ferrigno's L.A. mansion (Hulk jokes, ahoy!) opens a new world for Peter. The duo quickly bond over matters of sex, canine defecation, food and alcohol and Toronto's own Rush, a.k.a. "The Holy Trinity." Zooey starts to get jealous, Lord knows why.

It's a one-joke pony, but director John Hamburg (Along Came Polly) and his screenwriters manage to stretch it to nearly two hours of hilarity and quasi-profundity.

Extras include extended and deleted scenes, a commentary by Hamburg, Rudd and Segel, a making-of featurette and a gag reel.

Peter Howell/for Metro Canada

Kenya's Style

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

One step at a time

Leah Miller hosts So You Think You Can Dance Canada.

BRIAN COULTON
for Metro Canada

When So You Think You Can Dance Canada host Leah Miller saw show winner Nico Archambault audition for the program in Montreal, an inkling surfaced within her that said, "He could win this."

"He was a real standout," she said. But after viewing many auditions for the show's second season — including dancers in genres absent last year — Miller maintains the quality is so high, it's anybody's game.

The televised dance competition's second season kicks off with a two-night premiere, airing over four hours tonight and tomorrow on CTV. The launch will showcase auditions held in Toronto, Vancouver and Saint John, N.B., earlier this year, before heading to Montreal and Edmonton next week.

High quality means there's no time to show "bad talent," said Miller, which she marks as the leading difference between the show's Canadian and American editions.

"We don't really have people who show up that just want to be on TV," she said. "The people that come, even if they aren't as talented or technically trained, really believe they're good and they're passionate about it. Some of them are from small towns that don't have dance studios and they learned how to dance from watching videos and YouTube."

Regardless of the background of the dancers who advance, however, returning judge Tré Armstrong said she won't hesitate to bluntly speak her mind to contestants during weekly episodes.

"Sometimes you've got to take it in a harsh way, where you take all the fluff out and just tell it how it is," she said. "I'll always be caring, but at the same time, people only learn from being told the truth."

So You Think You Can Dance Canada airs tonight and tomorrow on CTV.

Her motto this season is, "If you don't grow, you may not go." But aside from maturation as dancers, she said the new round of rug-cutters must learn to deal with cameras following their every lock step and walk, and drop their guards early on.

"You can't wait for this growth epiphany to necessarily hit you in the top eight week because you may only get to the top 16," she said, "You have to let go and be yourself full-out. It sounds redundant, but that is what can win the show."

But judging by the success of some first season finalists — Miles Faber landed a co-starring role in an MTV film, Natalli Reznik was to backup dance for Michael Jackson's tour before his death and Tamina Pollack-Paris danced with Lady Gaga at June's Much-Music Video Awards — dancers need not come in first to flourish.

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
8/11/09 primetime	251	308	3 CBC	Coronation St.	Jeopardy!	Rick Mercer	22 Minutes	Being Erica (CC) (DVS)		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News (N)	The Insider	Taking It Off (CC)		Rocker Moms	Better Off Ted	Ruby (CC)	Ruby (N)	News
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	So You Think You Can Dance Canada (Season Premiere) (N)				Flashpoint "Backwards Day"		News
	-	-	10 OMNI	The Daily	Frasier (CC)	Islam 101 (CC)		Poltergeist: The Legacy		Scrubs (CC)	The Search	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Dead Reckoning"		(:01) Big Brother 11 (N) (CC)		The Unit "Inside Out" (CC)		News
	256	389	12 VI	The Road to Avonlea		America's Got Talent (CC)		America's Got Talent Ten of the top 40 contestants perform.				News (N)
	253	359	13 CITY	Hell's Kitchen (N) (CC)		Be a Millionaire		More to Love (N) (CC)		Make Me a Supermodel		The CityNews
	-	-	14 CW	Deal-No Deal	Deal-No Deal	90210 "Life's a Drag" (CC)		90210 "Off the Rails" (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Dead Reckoning"		(:01) Big Brother 11 (N) (CC)		Medium "A Necessary Evil"		News
	287	379	16 NBC	Evening Mag.	Inside Edition	America's Got Talent (CC)		America's Got Talent Ten of the top 40 contestants perform.				KING 5 News
	602	568	19 W	Style by Jury	Friends (CC)	Divine Design: Bathroom		Style by Jury	Style by Jury	They Come Back (2007) Mia Kirshner.		
	288	380	24 ABC	Wheel-Fortune	Jeopardy!	Be a Millionaire		Better Off Ted	Better Off Ted	Primetime: The Outsiders		KOMO 4 News
	-	-	28 KVOS	M*A*S*H	Seinfeld	Force 10 From Navarone ★★ (1978, War) Robert Shaw.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	Conver-KCTS	Nova (CC) (DVS)		Nova scienceNOW		Renewal: Stories From America's Religious		
	290	382	23 FOX	Two/Half Men	Two/Half Men	Hell's Kitchen (N) (CC)		More to Love (N) (CC)		Q13 FOX News at Ten (N)		Family Guy
	-	364	26 PBS	Chris Botti	Motor City Memories Hometown Traditions			Change Your Brain, Change Your Life (CC)				UltraMind
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	Paid Program	Family Court	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	90210 "Life's a Drag" (CC)		90210 "Off the Rails" (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	33 WGN	MLB Baseball Chicago White Sox at Seattle Mariners. From Safeco Field in Seattle. (CC)						WGN News	Friends (CC)	My Wife-Kids
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Odd Couple
	199	311	16 STR	News	NTV Latenight News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	63 NW	Cubers The Rubik's Cube.		CBC News: The National (N)		CBC News: The National		Cubers The Rubik's Cube.		National
	500	500	53 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
	407	419	22 RSP	Sportsnet	MLB Baseball Chicago White Sox at Seattle Mariners. (Subject to Blackout)					Sportsnet Connected (Live)		Sportsnet
sports	400	400	30 TSN	SportsCentre (Live) (CC)			Off the Record	Boxing Friday Night Fights. (CC)				SportsCentre
	411	457	49 OLN	Ghost Hunters (CC)		Bounty Hunter	Bounty Hunter	Survivorman Costa Rica.		Ghost Hunters (CC)		Bounty Hunter
	410	403	24 SCR	Score Tonight		Final Score	Final Score	Final Score	Final Score	Final Score	Final Score	Final Score
	417	406	45 SC	Jacked!	Jacked!	Pimp My Ride	Pass Time	Pimp My Ride	Pimp My Ride	Super Bikes!	Super Bikes!	Jacked!
	416	409	144 GLF	Fútbol		Hallo Bundesliga		Gol TV News		Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	Drake & Josh	Prank Patrol	Malcolm-Mid.	Futurama	Family Biz	Prank Patrol	Falcon Beach "Lost" (CC)		Mystery Hnt.
	555	545	50 TEL	Jimmy Two	Total Drama	6TEEN (CC)	6TEEN (CC)	Futurama	American Dad	Chicken	American Dad	Moral Orel
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	55 TRE	Comfy Couch	Zigby	Max & Ruby	Babar (CC)	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Gardens	Recreat. Eden	Mighty Movers (CC)		Private Life of a Masterpiece		Breaking Ranks (CC)		Homefront
	575	583	20 CMT	Hope & Faith	Hope & Faith	Cheerleaders	Cheerleaders	Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	21 MM	Video on Trial	Degrassi: TNG	Springbreak.09 (CC)		Shot at Love-Tila Tequila		One Tree Hill (CC)		Spotlight
	600	564	29 H&G	House	House	Holmes on Homes (CC)		SarahCottage	Genevieve	HGTV's Top	Dirty Business	House
	615	520	31 A&E	The Cleaner (N) (CC)		Extreme Interventionist		The First 48 (CC)		The First 48 (CC)		The Cleaner
	628	584	32 SPKE	(6:00) Star Wars V: The Empire Strikes Back ★★★★ (1980)				CSI: Crime Scene Invstgtn.		Spike's Most Amazing Videos		Disorderly
	521	560	40 TLC	Ultimate Cake Off (CC)		18 Kids-Count	18 Kids-Count	Ultimate Cake Off (CC)		Jon & Kate	Jon & Kate	Cake Boss
	616	522	46 SHO	The Outer Limits "Stranded"		Painkiller Jane "Friendly Fire"		The Last Templar ★ (2009) (Part 2 of 2) Mira Sorvino. (CC)				House (CC)
	620	523	70 BVO	Scotty Moore: Tribute to King		Law & Order "Indifference"		Without a Trace "Endgame"		The Small Back Room ★★★ (1949) (CC)		
	601	562	41 SLC	Rich Bride, Poor Bride (CC)		ET Canada	Til Debt-Part	Real Housewives OC		Trading Spouses		Biggest Loser
	520	505	42 DIS	Deadliest Catch (N)		Daily Planet (CC)		Against the Elements (CC)		Deadliest Catch		How It's Made
	522	506	44 HIS	NCIS "Trojan Horse" (CC)		Lost Worlds (CC)		To Build a Nation (CC)		NCIS "Trojan Horse" (CC)		Sea Hunters
	627	528	45 SPC	Ghost Hunters (CC)		Stargate SG-1 (CC) (DVS)		Star Trek: Next Gener.		Star Trek: Voyager (CC)		Star Trek: Ent.
	294	650	47 TBS	The Office	The Office	Seinfeld	Seinfeld	Sex and-City	Sex and-City	Dickie Roberts: Former Child Star ★★ (2003)		
	619	525	48 TROP	Power Play (CC)		Tube Tales	Tube Tales	Are You Smarter		Family Guy	Seinfeld	Seinfeld
	603	561	52 FN	Good Eats	Good Eats	Iron Chef America (CC)		Unwrapped	Unwrapped	Hell's Kitchen (CC)		Good Eats
	626	547	57 COM	Air Farce	22 Minutes	22 Minutes	Corner Gas	The Simpsons	South Park	Hot Box (N)	Awesome	Daily Show
	320	621	60 CEN	(6:30) Awake ★ (2007) (CC)		Banshee ★ (2006) Taryn Manning. Premiere.				(:45) What Just Happened? ★★ (2008) Robert De Niro. (CC)		
	581	566	101 MTV	Daddy's Girls	Daddy's Girls	MTV Live	After	Super Sweet	Super Sweet	Daddy's Girls	Daddy's Girls	MTV Live
	261	394	102 V	5 Seekers	Search	Poltergeist: The Legacy		Crossing Delancey ★★★ (1988) Amy Irving. (CC)				Paid Program
	-	-	103 MUL	Banquet	Kingdom-Wind	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

Being Erica

When Erica's (Erin Karpluk) already-rocky relationship with her mother takes a turn for the worse, Dr. Tom (Michael Riley) sends her back in time to reconnect with a younger version of her mom. The experience gives her fresh insights into who Barbara Strange really is — as a person, not just as a parent. Kathleen Laskey and Tyron Leitso also star in "This Be the Verse." 9 PM on CBC

So You Think You Can Dance Canada

The contestants have gotten sharper, according to judge Jean Marc Genereux, who returns for the second season of Canada's homegrown dance competition along with fellow judge Tre Armstrong, rotating third judges Blake McGrath and Luther Brown, and host Leah Miller. Having watched and learned from season one, this year's auditioners know what to expect — so they're ready. The dancer dubbed Canada's favorite gets $100,000 and lots of career exposure. 8 PM on CTV

Another boy for Hasselbecks

It's another boy for Elisabeth Hasselbeck and her husband of seven years, former NFL quarterback Tim Hasselbeck. The 32-year-old View co-host welcomed son Isaiah Timothy on Sunday in New York City, people.com reports. METRO NEWS SERVICES

Celebrity Buzz

Miley gets saucy at Teen Choice

SHORT SHORTS Miley Cyrus is courting controversy again after her performance at the Teen Choice Awards. The Disney star, who snagged six awards, performed her new single, Party in the USA, dressed in super-short shorts and black leather boots while dancing provocatively around a pole mounted on top of an ice cream cart.

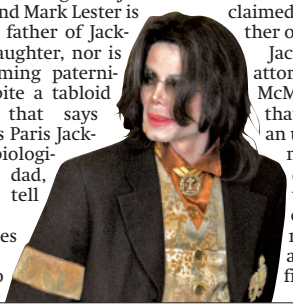
METRO WORLD NEWS

Michael finally laid to rest in L.A.?

CLOSURE Michael Jackson's body has finally been laid to rest, sources tell the Daily Mirror. His burial took place with no fanfare at the Forest Lawn Memorial Cemetery in the Hollywood Hills, and his family wants to keep the location of the grave a secret.

"Other than the Jackson family and the management at Forest Lawn, no one knows the exact spot," a source told the paper. "Staff at the cemetery have been fed several different locations. It's as if they are hoping to confuse everyone so it can't leak out."

As well, longtime Jackson friend Mark Lester is not the father of Jackson's daughter, nor is he claiming paternity, despite a tabloid report that says Lester is Paris Jackson's biological dad, sources tell People.



Sources very close to the Jackson family say that Lester donated sperm for Jackson and is a longtime friend, but he has never claimed to be the father of Paris, 11.

Jackson family attorney Londell McMillan adds that the story is an unproven and meaningless claim, and the probate court has no reason to go against its finding that the late star is father to all three of his kids.

"These are just merely claims with no legal standing whatsoever," McMillan told People.

Sources say Lester, 51, best known for starring in the Oscar-winning classic Oliver!, and Jackson are longtime friends, and Lester did donate sperm for Jackson — although one source says the timing doesn't line up for that sperm to have been used to conceive Paris.

METRO NEWS SERVICES

Dancing with the Stars wants Paula

JOB OFFER She might be out at American Idol, but Dancing with the Stars is ready to take Paula Abdul. ABC president Steve McPherson admitted the reality show would love to add her to its panel.

"I think she's a huge talent. There's a sensitivity and an empathy that balances out Idol, and we'd love to get a piece of that."

METRO WORLD NEWS

'So much has changed': Kate

OPENING UP In her first television interview since announcing her separation from her husband Jon in June, reality TV star Kate Gosselin says she is hurt by her ex's recent flings, usmagazine.com reports.

Asked about Jon's girlfriend Hailey Glassman — the 22-year-old daughter of the surgeon who performed Gosselin's tummy tuck — she told Meredith Vieira on Monday's Today show, "I was shocked ... (but) that's his life and they don't affect me directly at this point.

"It is hurtful. It's very hurtful," she went on. "The most hurtful part is when his decisions directly affect our children."

When asked whether they would have split if it had been up to her, Gosselin replied: "Obviously, ideally, parents stay married ... You know, I go back very often to our vow renewal in Hawaii. I think very often of it, and in that moment, I meant those vows. And there was no option for us other than to be together. And so much has changed."

METRO NEWS SERVICES

Mercury talk strictly verboten: Piven

TRUTH TO EVERY JOKE? Note to those around Entourage star Jeremy Piven: Don't mention that whole mercury-poisoning thing, popeater.com advises. The website reports ex-Saturday Night Live star Chris Kattan apparently got a dose of Piven's rage behind the scenes at MTV's It's On With Alexa Chung last week.

According to the NY Daily News, the pair got into a shouting match when Kattan asked Piven: "So, what are you here to promote, your Broadway play?," referring to Piven's excuse that he had mercury poisoning when he left the show Speed the Plow in December.

Piven responded with a dig at Kattan's best-known character on SNL: "Well, what are you here to promote? Mango?"

Though Kattan thought Piven was joking, a witness says Piven stepped up his insults. "(Kattan) said 'Whoa, man — I thought we were just fooling around here,'" to which Piven allegedly responded: "I'm getting sued for that s—t ... It's not funny."

METRO NEWS SERVICES

ADVERTISING FEATURE

Hollywood hottie's best bet, all wet

She's appeared on-screen in a deep, shark-infested sea, but stunning actress Haught Tootrotte was treading water during a recent visit to PlayNow.com. "Her best bets were all wet," according to Pacific Hold'em dealer P.J. "Shetried to bluff by going 'all in' with deuce-three, but was way out of her depth." Not so Haught.

Disclaimer: All names are the products of the author's imagination. Any resemblance to actual persons, living or dead, is entirely coincidental.

Elle mag blacklists Lindsay

OUCH Lindsay Lohan may be winning praise from director Robert Rodriguez for their current project, Machete, but not everyone has warmed to the troubled starlet.

Lorrain Candy, the editor-in-chief of Elle U.K., was apparently so displeased with Lohan's behaviour at a recent photo shoot that the actress probably won't appear in its pages again.

"This was the most unpredictable and confusing shoot in my magazine career," she wrote in the new issue.

METRO WORLD NEWS

GETTY IMAGES

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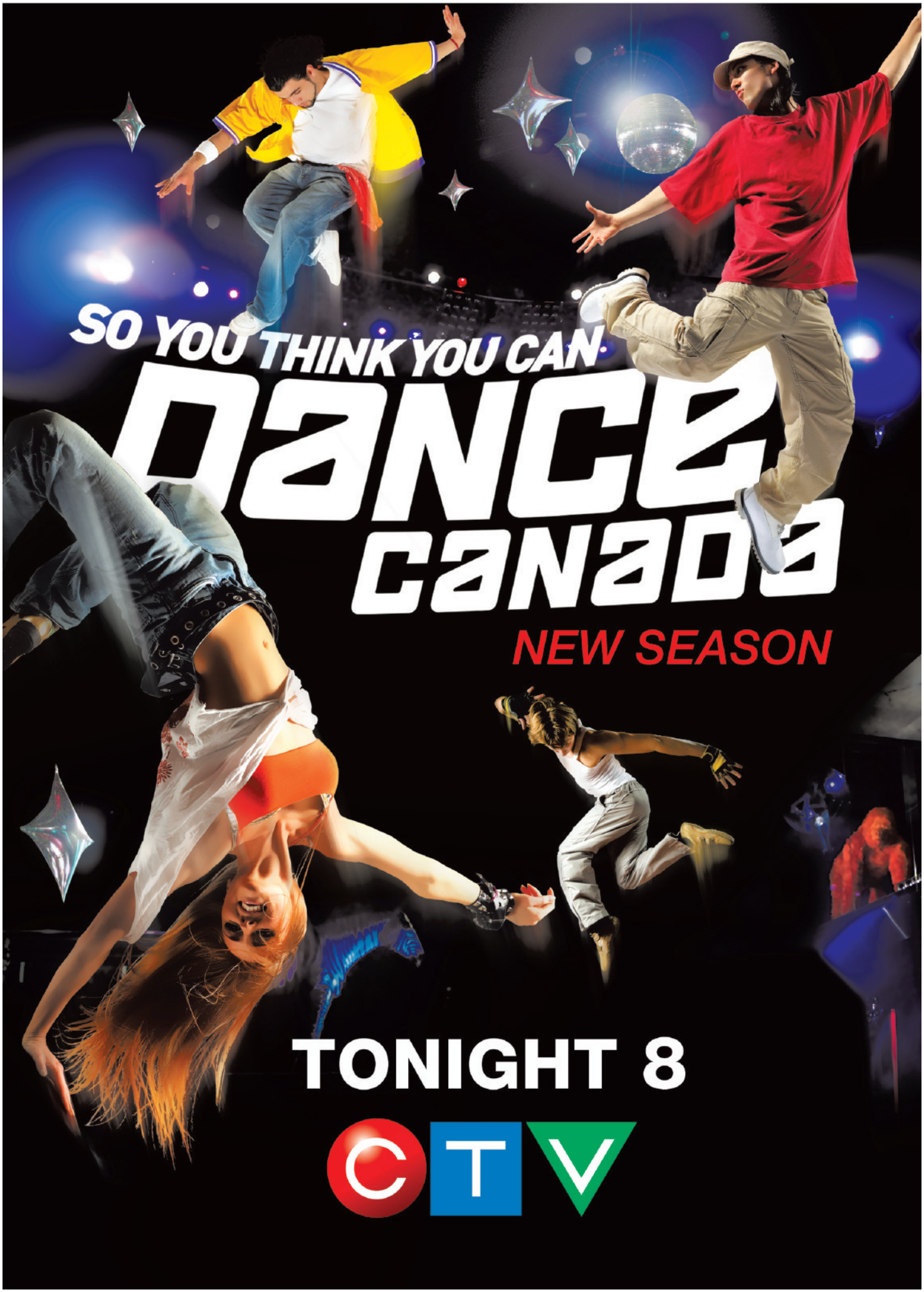
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Thursday Showers 80% 18° / 13°

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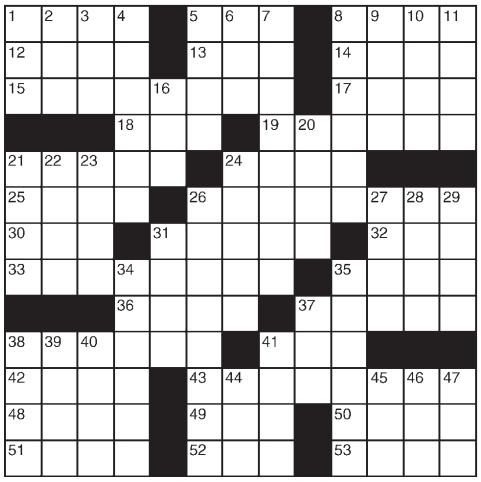


ACROSS

1 Send forth
5 Radio watchdog org.
8 Tarzan's mate
12 Exposed
13 Blunder
14 Reed instrument
15 Shiner
17 Get better
18 Smack
19 Carelessness?
21 Alley "oops"?
24 Fed
25 Great Lake
26 Haughty sort
30 In medias —
31 Audit, perhaps
32 Literary collection
33 Decorative cutout
35 Eccentricity
36 "We'll tak' — o' kindness yet"
37 Tennessee county
38 Palin's bailiwick
41 Awful
42 Society newbies
43 Yuletide refrain words
48 Sandwich shop
49 Poolroom stick
50 Con
51 Terrier type
52 Shrill bark
53 — moss

DOWN

1 Recede
2 — de mer
3 Playwright Levin
4 Computer fixer
5 Yard portions
6 Weep
7 Slapstick missile
8 One of the Bachs
9 Help a crook
10 Ark builder
11 Slithery
16 Tool set
20 Analgesic target
21 Antitoxins
22 Get ready quickly?
23 Sylvester's impediment
24 Rose
26 Spiciness
27 Prison
28 Hathaway or Heche
29 Tibetan herd
31 Ailing
34 Dog of film and TV
35 Abduct
37 Cowboy's sweetie
38 Tosses in
39 Onionlike vegetable
40 With skill
41 Gridlock sound
44 Overseas agreement?
45 Inseparable
46 Greek vowel
47 Torched

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

			9	2				7
3		4		8		5		
					3			1
	3	9	8	1		2		
		8				7		
		1		5	7	8	3	
8			4					
		3		7		9		6
5				3	6			

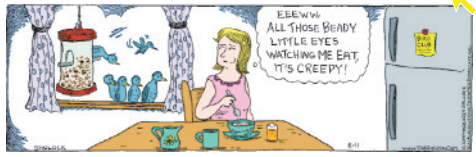
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

A	S	K	■	S	T	A	L	E
I	K	E	■	H	I	V	E	S
M	I	N	C	E	M	E	A	T
■	■	■	A	B	E	■	S	E
B	A	M	B	O	O	■	H	E
U	R	I	■	P	U	G	■	M
S	I	N	K	■	T	A	R	■
T	A	T	E	R	■	S	O	S
■	■	J	E	E	P	■	M	O
O	C	U	L	A	R	■	A	L
V	O	L	■	M	I	N	N	E
E	R	E	■	E	M	A	I	L
R	A	P	■	R	E	P	A	Y

M	O	W	2	8	6	3	5	1
I	D	O	3	4	1	9	7	6
N	O	R	7	9	5	4	2	8
C	U	R	E	8	2	3	1	9
H	E	R	S	5	7	6	4	8
M	A	C	A	O	9	1	7	6
B	U	L	B	4	3	8	5	2
L	E	I	6	5	4	7	8	2
E	S	T	9	3	1	2	4	9
■	■	■	1	6	8	5	3	7
A	T	A	4	3	2	8	6	9
N	E	S	5	7	9	2	1	4
E	P	■	8	2	4	6	9	3
■	■	■	7	1	5	3	8	6

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Baked Chicken with Tomatoes

INGREDIENTS:

1 egg
1/2 tsp (2 ml) salt
1/2 cup (125 ml) toasted Brazil nuts or blanched almonds, finely chopped
1/3 cup (75 ml) wheat germ
4 boneless skinless chicken breasts
2 tbsp (25 ml) olive oil
2 cups (500 ml) grape or cherry tomatoes, halved
1 tsp (5 ml) dried basil

METHOD:

1. Preheat oven to 425 F (220 C). Coat a baking sheet with cooking spray.
2. Place egg and salt in a shallow dish and whisk with 1 tbsp (15 ml) water. In another shallow dish, combine nuts and wheat germ. Dip chicken breasts into egg and then nut mixture.
3. Place on baking sheet and coat with cooking spray. Bake, turning once, 15 to 20 minutes (depending on thickness) or until cooked through and crispy.
4. Meanwhile, heat oil in large skillet over medium-high heat. Add tomatoes and basil; cook until just browned, 3 minutes. Serve with chicken.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
A breakthrough of some kind is likely today, and although there may be a price to pay for your good fortune you will consider it worthwhile.

TAURUS ♉
APRIL 21-MAY 21
You will need the support of family members and other relatives for what you are planning because you won't get far without it.

GEMINI ♊
MAY 22-JUNE 21
If you want to change your life for the better you have got to stop wasting so much of your time on so many irrelevant activities.

CANCER ♋
JUNE 22-JULY 22
You will be much quicker off the mark today than you have been of late and if you see a chance to make money you won't hesitate in the slightest.

LEO ♌
JULY 23-AUG 23
It may feel as if you can take on the world and win but that's more likely to be true if you resist the urge to scatter your energy in all directions.

VIRGO ♍
AUG 24-SEPT 22
Once again you're paying too much attention to what others say and not enough to what your heart tells you. Just listen to and act on your instincts.

LIBRA ♎
SEPT 23-OCT 23
Something that has been keeping you awake with worry until the early hours needs to be dealt with or you may never catch up on your beauty sleep.

SCORPIO ♏
OCT 24-NOV 22
Today's Mars-Saturn link-up makes you determined to let people in positions of authority know you are special. This is no time to be modest.

SAGITTARIUS ♐
NOV 23-DEC 21
Voices will be raised and tempers will be lost today — that's inevitable — but with the right attitude most of the uproar will pass over your head.

CAPRICORN ♑
DEC 22-JAN 20
Some people will always refuse to see sense, no matter what the facts are. It may be tempting to show up one such person today, but why bother?

AQUARIUS ♒
JAN 21-FEB 18
You'll be hugely energetic today but you'll also be limited in what you can do, most likely because you don't have the resources to follow through.

PISCES ♓
FEB 19-MARCH 20
You may find it hard to understand why something is taking so long but getting hot under the collar about it won't change a thing. Be patient.

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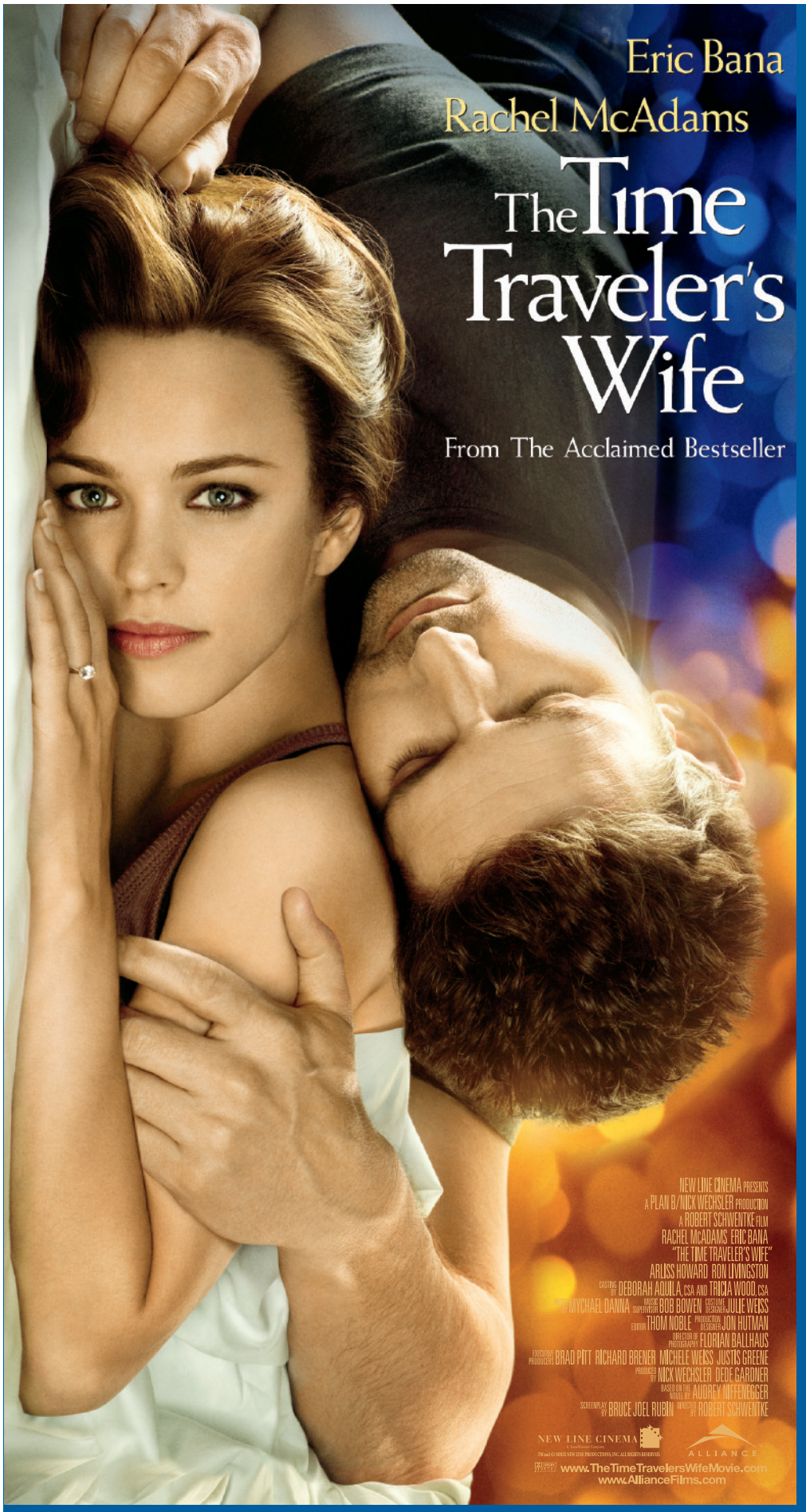
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